

TO: NCHSAA CROSS COUNTRY TRACK COACHES  
FROM: CHIUANA DANCY, DIRECTOR  
RE: CROSS COUNTRY REMINDERS  
DATE: AUGUST 19, 2019

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Welcome to the 2019 fall sports season! As you prepare for your first official contest, please make note of the following information:

- **State Meet**

- Saturday, November 9, 2019 at Ivey M. Redmon Sports Complex in Kernersville, NC
- State Meet Director: Jason Bryant, Surry Central High School ([runningmtn.goat@yahoo.com](mailto:runningmtn.goat@yahoo.com))
- Race times can be found on the Cross Country page.
- The top twenty-five percent (25%) of teams, or top four teams, whichever is greater, in each classification from each regional will qualify to the state meet. ***Note: Number of qualifying teams from each regional will be determined by the number of teams that participate in the regional (i.e. 23 teams competing in regional meet x .25 = 6 teams advancing to states).***

- **Regional Meets**

- Saturday, November 2, 2019
- Use NC MileSplit (<http://nc.milesplit.com>) to enter teams into the regionals.
- Each school is allowed to enter up to seven (7) individuals for regional competition. **Please have a copy of your registration confirmation at the Regional Meet.**
- **Entries are due no later than 3:00pm on Friday, October 25, 2019.**
- Late entries may be submitted to the NCHSAA, using the form posted on the website, no later than **3:00pm on Monday, October 28<sup>th</sup>**. A \$50 fee will be assessed for each individual entry.
- Regional hosts and directors are posted on the Cross Country page.

- **Rules Reminders**

- All regular season and conference meets must be completed before the regional entry deadline. Schools are not allowed to participate in meets after the entry deadline (Oct. 25<sup>th</sup>).
- The NFHS **2019** Track & Field and Cross Country Rules Book is applicable this fall.
- GPS devices are not permitted. Watches with GPS function are also prohibited.
- Uniform Reminders:
  - Any visible garment(s) worn underneath the uniform top and/or bottom is considered a foundation garment. Foundation garments are not subject to logo/trademark/reference or color restrictions.
  - All relay and Cross Country team members must wear uniforms clearly indicating, through predominant color, school logo and color combination of all outer garments worn as a uniform, that members are from the same team.
  - As per NFHS rules, a single, visible manufacturer's logo and/or single school name or insignia no more than 2 ¼ inches are permitted on the top and bottom or on-piece of a uniform.

Good luck to you and your teams!!